

Polar plunge to benefit Special Olympics

Hundreds of Californians and Nevadans will plunge into the winter-chilled waters of Lake Tahoe on March 29 all in the name of Special Olympics.

Donned in costumes but without the protection of wet suits, Special Olympics athletes and their supporters will jump into Tahoe's icy waters at Zephyr Cove for the South Lake Tahoe Polar Plunge.

This is a fundraiser for Special Olympics Northern California and Nevada

Plungers, which include individuals, companies, law enforcement, families and schools, are asked to raise a minimum of \$125 – which provides one season of sports instruction and competition at no cost to the Special Olympics athlete.

In 2013, the polar plunges had more than 1,400 plungers, who raised more than \$450,000.

Registration and donations for the South Lake Tahoe Polar Plunge are being accepted online and will be accepted on site. Registration is at 10am and the plunge at noon.